



National Nutrient Database for Standard Reference  
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Statistics Report 01082, Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D

Report Date: July 05, 2017 03:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	89.92	12	0.174	88.04	90.29	11.0	89.537	90.303	1	Analytical or derived from analytical	--	03/2003
Energy	kcal	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	177	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein <sup>1</sup>	g	3.37	12	0.061	3.26	4.03	11.0	3.231	3.502	1	Analytical or derived from analytical	--	03/2003
Total lipid (fat) <sup>1</sup>	g	0.97	6	0.026	0.84	1	5.0	0.903	1.037	1	Aggregated data involving comb. of codes other than 1,12 or 6	--	03/2003
Ash <sup>1</sup>	g	0.75	12	0.014	0.7	0.89	11.0	0.719	0.781	1	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	4.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total <sup>1</sup>	g	5.20	12	0.104	4.84	6.08	11.0	4.969	5.425	1	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) <a href="#">1</a>	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Fructose <a href="#">1</a>	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Lactose <a href="#">1</a>	g	5.20	12	0.104	4.84	6.08	11.0	4.969	5.425	1	Analytical or derived from analytical	--	12/2002
Maltose <a href="#">1</a>	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Galactose <a href="#">1</a>	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
<b>Minerals</b>													
Calcium, Ca <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	125	4	1.443	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Iron, Fe <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.03	4	0.004	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Magnesium, Mg <a href="#">1</a>	mg	11	22	0.093	9	12	14.0	10.634	11.035	1	Analytical or derived from analytical	--	01/2004
Phosphorus, P <a href="#">1</a>	mg	95	21	0.368	86	100	17.0	94.529	96.08	1	Analytical or derived from analytical	--	01/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	150	11	1.088	--	--	--	--	--	1	Analytical or derived from analytical	--	01/2004
Sodium, Na <a href="#">1</a>	mg	44	23	0.760	37	58	18.0	42.386	45.577	1	Analytical or derived from analytical	--	01/2004
Zinc, Zn <a href="#">1</a>	mg	0.42	11	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	01/2004
Copper, Cu <a href="#">1</a>	mg	0.010	12	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	01/2004
Manganese, Mn <a href="#">1</a>	mg	0.003	12	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	01/2004
Selenium, Se <a href="#">1</a>	µg	3.3	12	0.301	2	4.9	11.0	2.646	3.97	1	Analytical or derived from analytical	--	03/2003
Fluoride, F <a href="#">1</a>	µg	2.6	4	0.366	1.9	3.6	3.0	1.418	3.747	1	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Thiamin <a href="#">1</a>	mg	0.020	12	0.002	0.01	0.04	11.0	0.015	0.026	1	Analytical or derived from analytical	--	03/2003
Riboflavin <a href="#">1</a>	mg	0.185	12	0.005	0.16	0.22	11.0	0.175	0.195	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	0.093	12	0.003	0.08	0.12	11.0	0.087	0.098	1	Analytical or derived from analytical	--	03/2003
Pantothenic acid <a href="#">1</a>	mg	0.361	4	0.014	0.33	0.4	3.0	0.314	0.407	1	Analytical or derived from analytical	--	12/2002
Vitamin B-6 <a href="#">1</a>	mg	0.037	12	0.001	0.03	0.04	11.0	0.034	0.04	1	Analytical or derived from analytical	--	03/2003
Folate, total <a href="#">1</a>	μg	5	12	0.083	4	5	11.0	4.733	5.1	1	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	5	12	0.083	4	5	11.0	4.733	5.1	1	Analytical or derived from analytical	--	05/2009
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total <a href="#">1</a>	mg	17.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine <a href="#">1</a>	mg	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 <a href="#">2 3 4 5</a>	μg	0.47	4	0.019	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Vitamin A, IU	IU	196	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.01	12	0.002	0.01	0.02	11.0	0.008	0.015	1	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma <sup>1</sup>	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, delta <sup>1</sup>	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	1.2	24	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D3 (cholecalciferol) <sup>2 3 4 5</sup>	µg	1.2	24	0.068	0.3	1.7	17.0	1.053	1.339	4	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	IU	48	24	2.706	11	67	17.0	42.115	53.555	4	Analytical or derived from analytical	--	05/2009
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.1	4	0.000	0.1	0.1	--	--	--	1	Analytical or derived from analytical	--	12/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.633	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
4:0 <a href="#">1</a>	g	0.024	4	0.002	0.02	0.03	3.0	0.019	0.029	1	Analytical or derived from analytical	--	03/2003
6:0 <a href="#">1</a>	g	0.018	4	0.002	0.01	0.02	3.0	0.011	0.024	1	Analytical or derived from analytical	--	03/2003
8:0 <a href="#">1</a>	g	0.013	4	0.000	0.01	0.01	3.0	0.011	0.014	1	Analytical or derived from analytical	--	03/2003
10:0 <a href="#">1</a>	g	0.027	4	0.001	0.03	0.03	3.0	0.025	0.03	1	Analytical or derived from analytical	--	12/2002
12:0 <a href="#">1</a>	g	0.029	4	0.001	0.03	0.03	3.0	0.026	0.033	1	Analytical or derived from analytical	--	03/2003
14:0 <a href="#">1</a>	g	0.091	4	0.002	0.09	0.1	3.0	0.084	0.098	1	Analytical or derived from analytical	--	03/2003
15:0 <a href="#">1</a>	g	0.010	4	0.000	0.01	0.01	3.0	0.01	0.01	1	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 <a href="#">1</a>	g	0.287	4	0.001	0.28	0.29	3.0	0.282	0.292	1	Analytical or derived from analytical	--	03/2003
17:0 <a href="#">1</a>	g	0.006	4	0.000	0.01	0.01	3.0	0.005	0.006	1	Analytical or derived from analytical	--	12/2002
18:0 <a href="#">1</a>	g	0.126	4	0.004	0.12	0.13	3.0	0.115	0.137	1	Analytical or derived from analytical	--	03/2003
20:0 <a href="#">1</a>	g	0.002	4	0.000	0	0	3.0	0.002	0.002	1	Analytical or derived from analytical	--	12/2002
Fatty acids, total monounsaturated	g	0.277	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
14:1 <a href="#">1</a>	g	0.007	4	0.000	0.01	0.01	3.0	0.006	0.008	1	Analytical or derived from analytical	--	12/2002
15:1 <a href="#">1</a>	g	0.002	4	0.000	0	0	3.0	0.002	0.002	1	Analytical or derived from analytical	--	12/2002
16:1 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
16:1 c <a href="#">1</a>	g	0.017	4	0.000	0.02	0.02	3.0	0.016	0.017	1	Analytical or derived from analytical	--	12/2002
17:1 <a href="#">1</a>	g	0.002	4	0.000	0	0	3.0	0.002	0.002	1	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
18:1 c <sup>1</sup>	g	0.213	4	0.005	0.2	0.22	3.0	0.197	0.229	1	Analytical or derived from analytical	--	12/2002
18:1 t <sup>1</sup>	g	0.037	4	0.003	0.03	0.05	3.0	0.028	0.046	1	Analytical or derived from analytical	--	12/2002
20:1 <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
22:1 undifferentiated <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Fatty acids, total polyunsaturated	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
18:2 undifferentiated	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
18:2 n-6 c,c <sup>1</sup>	g	0.027	4	0.001	0.03	0.03	3.0	0.025	0.029	1	Analytical or derived from analytical	--	12/2002
18:2 i <sup>1</sup>	g	0.003	4	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	12/2002
18:3 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.004	4	0.000	0	0.01	3.0	0.004	0.005	1	Analytical or derived from analytical	--	12/2002
18:4 <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
20:4 undifferentiated <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Cholesterol <sup>1</sup>	mg	5	4	0.109	4	5	3.0	4.407	5.1	1	Analytical or derived from analytical	--	03/2003
Stigmasterol <sup>1</sup>	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Campesterol <sup>1</sup>	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Beta-sitosterol <sup>1</sup>	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002

**Amino Acids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Histidine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.756	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD